

He lifted with his RIGHT HAND ONLY, in one motion clean from ground to shoulder, and then pressed aloft, a dumbbell weighing 225 pounds; using ONLY HIS LEFT HAND, 215 pounds.

Smith developed tremendously strong hands and a terrific grip. He could lift with anything he could get hold of: Bar-bells and dumbbells with thick or thin handles, big men, 200-pound sacks of salt, etc. *Strength July 1916*

On one occasion, in order to prove his all-round strength, he walked for 200 yards carrying in his right hand a bar-bell weighing 220 pounds, and in his left hand a dumbbell weighing 200 pounds. Not one man in a hundred can lift a 200-pound bar-bell an inch from the ground if he uses but one hand—so you can figure the strain on the grip to *carry* two such weights.

